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METRO ANALYZES 20 YEARS OF DATA ON
DISRUPTIVE AIRLINE PASSENGERS IN CANADA

PAGE 10

Is it a dream home come true?

CHEO unveils \$1.5M grand prize in
its Dream of a Lifetime fundraising
lottery PAGE 4

Unresponsive patients react to Hitchcock: Study

Researchers say patients in vegetative
states were 'consciously aware' PAGE 6



Harper slams 'evil, vile' ISIS

Al-Qaida splinter group. Canada to conduct airlifts to supply Kurdish fighters in northern Iraq: Baird

Prime Minister Stephen Harper denounced Monday the widely held view that fearsome new militants in Iraq and Syria have a "root cause" — a stark characterization that questions the reason for his foreign minister's recent trip to Iraq.

In a speech to party faithful, Harper unequivocally branded the al-Qaida splinter group known as the Islamic State of Iraq and al-Sham, or ISIS, as "evil" and "vile," saying it must be opposed.

Harper also reaffirmed the Conservative government's unwavering support of Israel "through fire and water" as he linked the fight against ISIS's extremism to Canada's support for the Jewish state.

The prime minister also blasted Russian President Vladimir Putin for his continued aggression in Ukraine, and pledged that Canada would loudly brandish its pro-Ukrainian solidarity later this week when President Petro Poro-



Prime Minister Stephen Harper speaks about the upcoming session of Parliament during a speech to supporters Monday.

ADRIAN WYLD/THE CANADIAN PRESS

shenko visits Parliament Hill.

Harper's tough foreign policy rhetoric punctuated his speech to Conservative supporters to mark the return of the House of Commons from a summer recess. It also serves as a harbinger of what's to come when he speaks to the United

Nations General Assembly next week in New York City.

But Harper's earnest denunciation of ISIS puts distance between himself and Foreign Affairs Minister John Baird, who recently travelled to Iraq to bolster a new central government struggling to contain the

new Islamist insurgency.

"Canadians are rightly sickened by (ISIS's) savage slaughter of anyone who doesn't share their twisted view of the world. We know their ideology is not the result of 'social exclusion' or other so-called 'root causes,'" Harper said to a ripple of laugh-

ter — a veiled reference to Liberal Leader Justin Trudeau, who spoke about terrorism's "root causes" in the wake of last year's Boston Marathon bombing.

"It is evil, vile, and must be unambiguously opposed."

That characterization

lacked the nuance that Baird offered just hours earlier in a call from Paris, where he was attending an international conference of diplomats gathered to plot strategy against ISIS. The Paris conference was hosted by French President Francois Hollande and Iraqi President Fuad Masum, whom Baird visited last week in Baghdad.

Baird travelled to Baghdad and the northern Iraqi capital of Irbil to deliver a message of tolerance and inclusion to a new Iraqi government that was sworn in last week. The opposition NDP and Liberal critics, Paul Dewar and Marc Garneau, shared that view while travelling with Baird.

Baird said Canada will conduct military airlifts out of the Czech Republic to supply Kurdish fighters in northern Iraq with arms and ammunition. Canada has also committed dozens of special forces troops to advise Iraqi troops.

Harper, who has said Canada won't send combat troops, used that pledge to dismiss opposition demands Monday for a full parliamentary debate.

House Speaker Andrew Scheer later granted a Liberal request for a debate on the Iraq deployment to take place Tuesday night. THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1

YOU STILL CAN'T VOTE FOR NCC

But at least their meetings are public. The National Capital Commission (NCC) board of directors meets Tuesday from 8:30 to 11 a.m. at 40 Elgin St., room 324.

2

EXPERT TALK

Canada's Chief Electoral Officer, Marc Mayrand, appears with a panel of civic education experts Tuesday at 5:30 p.m. at the University of Ottawa to speak about the importance of hands-on learning in the classroom.

3

DUFFY DRAMA

The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4

LOVE QUIRKY CANLIT?

Newly launched website allitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5

THE FORCE IS STRONG

Obi-Wan Kenobi is rumoured to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX.

Lawyers argue over weight of acquittal in terror case

Misbahuddin Ahmed.

Guilty of conspiring to facilitate a terrorist activity; not guilty of possessing an explosive device to cause harm

Whatever Misbahuddin Ahmed's intentions were for the bomb-making materials in the President's Choice grocery bag found in his apartment, he still knew they would be turned into explosives, a Crown lawyer argued on Monday.

That grocery bag was part of the debate at the sentencing hearing for the 30-year-old former Ottawa Hospital technician. It was his first day back in court since a jury found him guilty of conspiring to knowingly facilitate a terrorist activity and participate in the activities of a terrorist group.

However, Ahmed was found not guilty of possessing an explosive device with the intent to cause harm. Lawyers argued over how much weight Ontario Superior Court Justice Colin McKinnon should give that acquittal in his sentencing.

Ahmed said he had planned to destroy the bomb-making materials that RCMP officers

seized from his home the day of his arrest on Aug. 25, 2010. The arrest followed a months-long RCMP covert probe of Ahmed, Khurram Sher who was acquitted of his charge of terrorism conspiracy, and a third co-accused who cannot be named due to a publication ban.

Crown prosecutor Jason Wakely argued Ahmed was "dishonest" when he said he planned to destroy the items.

Wakely said that if Ahmed was "horrified" by the items in that President's Choice grocery bag, he would have destroyed them right away.

Defence lawyer Mark Ertel said the jury acquitted his client on the charge of possessing an explosive device for a reason. None of Ahmed's fingerprints were found on the materials, he added.

Whether the jury believed he was going to destroy the items is irrelevant, Ertel said, arguing they had a reasonable doubt that Ahmed would use the materials for harm.

The maximum sentence for knowingly facilitating a terrorist activity is 14 years. The maximum sentence for participating in the activities of a terrorist group is 10 years.

The sentencing hearing will continue Oct. 14 and 15.

LUCY SCHOLEY/METRO



Misbahuddin Ahmed, 30, is seen in this file photo walking into the Ottawa courthouse on May 14, 2014, to face a trial on terrorism-related charges. JOE LOFARO/METRO

Mayorality hopeful takes aim at landlords



Mayorality candidate Michael St. Arnaud. TREVOR GREENWAY/METRO

Michael St. Arnaud wants every landlord in the city to be fully licensed before being allowed to rent properties to tenants.

And if the mayorality candidate scores enough votes this October to run the city, it's the first — and pretty much the only — thing he'll do.

"There is a lack of attention in the dwellings," said Arnaud, speaking with residents outside

of an Ottawa drop-in centre Monday.

St. Arnaud, who tossed his hat in the mayoral ring Friday, on the final day open to new registrants, feels too many Ottawa tenants are living in poor conditions with poor heating and leaky roofs, just to name a few of the city's housing issues.

The candidate, who also ran in the 2010 election and

notched 200 votes, wants rent-control measures in place so tenants aren't "left in the cold."

"There are no concerns for the tenants," he added.

A victim of being unfairly evicted from a rental spot a few years ago, St. Arnaud wants to educate both landlords and tenants in the city on how to play fair. He says there are many owners in the city who aren't

fit to be landlords and many more tenants who don't know their rights under the landlord tenant act.

Arnaud is up against seven other mayoral candidates: Bernard Couchman, Mike Maguire, Rebecca Pyrah, Anwar Syed, Robert White, Darren W. Wood and incumbent mayor Jim Watson. Ottawa heads to the polls Oct. 27. TREVOR GREENWAY/METRO

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\$1.5M Dream home up for grabs

CHEO Dream of a Lifetime Lottery.

Former patient helps show off grand prize, lauds work of doctors at children's hospital



TREVOR GREENWAY
trevor.greenway@metronews.ca

One lucky family could be moving into a stunning \$1.5-million home in Manotick, complete with lavish home furnishings, a maid for a year and a sexy new Cadillac.

The Children's Hospital of Eastern Ontario (CHEO) Foundation unveiled prizes for the 24th edition of the Dream of a Lifetime Lottery. The home makes up the bulk of the \$1.7-million prize, but there are 4,600 other prizes up for grabs — everything from Senators tickets to vacation packages.

The 5,200-square-foot mansion, built by Minto Homes, really is a dream home for any family.



Brad Laviolette with mom Manon and dad Rob pose outside the CHEO dream home in Manotick. TREVOR GREENWAY/METRO

A large open-concept kitchen and living room, with floor-to-ceiling windows and two-storey fireplace, provides for a bright and roomy living space

that would make even the chilliest of winter nights feel warm.

The walk-out basement is similar and features a full bar, two separate TV rooms and a

full home theatre room with recliners and a projection-screen TV.

"We have never had a walk-out basement in any of

our dream homes and it is just spectacular," said Cheryl Hammond, vice-president of development and corporate relations at the CHEO Foundation.

"The basement has nine-foot ceilings and a wall of windows, so you really don't feel like you are in a basement at all."

In the lottery's 24 years, a total of \$42.5 million has been raised for the hospital for things such as a new MRI machine, cancer research and a \$700,000 renovation of the facility's oncology ward last year.

Brad Laviolette now knows how important things like the CHEO lottery are.

The 17-year-old nearly lost both of his legs in a tubing accident last year. CHEO doctors and nurses were able to save both his limbs — and, although he won't get on a tube, the teenager is wakeboarding and playing hockey again.

"That is all I was thinking in the back of the boat: 'Am I going to ever play hockey again?'" said Laviolette. "They saved my life, basically. I am really thankful for that."

Tickets for the CHEO lottery are \$100 each or a three-pack for \$250. Tickets can be ordered online at dreamofalifetime.ca.

Steamer trunk not enough for this crowdfunding steampunk

Inevitably, the steampunk or hippie fashion piece you leave behind is the one people want to buy at a comic convention, says Jessica Brassard.

The self-taught seamstress will make anything — from boiled-wool miniature bowler hat fascinators to wedding dresses to punk fashion corsets and even roller-derby exercise outfits made to look like '50s business fashion.

She says she's gone through a number of fashion phases, leading to an eclectic range of designs.

"Anybody who wants something, I can figure it out for you," she says.

But her tiny Kia isn't big enough to cart her inventory — which can include some elaborate and large steampunk pieces — from her home near Winchester to pink book conventions and street markets.

"Every time you leave something at home you lose a sale, because inevitably they want the thing that's sitting on your work table," she says.

So, the federal government clerk, who moonlights at fashion, is trying to raise \$5,000 on Kickstarter for a van to



Local seamstress Jessica Brassard shows off a roller-derby workout outfit made to look like a woman's dress from the '50s and a "military jacket" favoured by her steampunk clientele. SEAN MCKIBBON/METRO

cart her stuff around to sales venues and deliveries. Her pitch at: kickstarter.com/projects/892986050/chubby-star-shoppe-mobile-store is set to

expire Sept. 26 and has raised \$900. She's hoping to buy a Volkswagen van to match her hippie fashion line, and she's offering up handmade Volk-

swagen-themed messenger bags to donors who contribute \$200.

She remembers the first piece her mother ever showed her how to sew — a two-piece teddy bear she felt sorry for because she had to stuff him from his head and the stitching on his head looked like "Frankenstein" suture marks.

"I had to make him a hat, to hide it," she laughs.

After that she was hooked and began reading and soaking up as much as she could about tailoring. She went to university for theatre, but found costume-making tasks kept coming up during school productions. She eventually dropped theatre for English literature and minored in math when her profs kept telling her to lose weight.

At 19 per cent of her Kickstarter goal, Brassard is hoping to promote her campaign to take her business to the next level, but worries she hasn't used the right promotional elements to capture the imagination of a fickle Internet.

She's even resorted to putting her cat in a bowtie on a promo video.

"The Internet loves cats," she laughs. SEAN MCKIBBON/METRO

Project Anarchy. Accused in cocaine network bust pleads guilty to charges

An Ottawa man who was arrested in a major cocaine trafficking operation last January pleaded guilty to several charges on Monday.

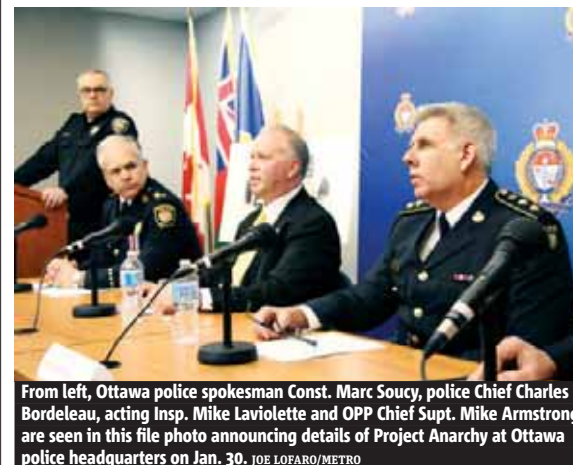
Tyler Frey, 25, pleaded guilty to charges of conspiracy to traffic cocaine, possession of proceeds to crime and several firearms counts.

He was among six accused arrested on Jan. 29 in "Project Anarchy" — a two-year operation between the Ottawa police, the OPP and the RCMP.

More than 100 police officers dismantled the cocaine network and seized \$12.25-million worth of cocaine, weighing in at more than 24 kilograms, over that period.

Among the accused is Hisham (Terry) Alkhalil, who was also arrested on Jan. 29. The Alkhalil family has ties to homicides in Toronto and Vancouver, according to police.

Frey's sentencing will be Nov. 18. LUCY SCHOLEY/METRO WITH FILES FROM JOE LOFARO



From left, Ottawa police spokesman Const. Marc Soucy, police Chief Charles Bordeleau, acting Insp. Mike Laviolette and OPP Chief Supt. Mike Armstrong are seen in this file photo announcing details of Project Anarchy at Ottawa police headquarters on Jan. 30. JOE LOFARO/METRO



Musician Bob Geldof delivers a speech Monday, during a pro-union rally at Trafalgar Square in London. Hundreds of supporters of the Let's Stay Together campaign gathered, ahead of a referendum on whether Scotland should be an independent country that will take place in Scotland on Thursday. LEFERIS PITAKIS/THE ASSOCIATED PRESS

Scotland vote appears split on generation lines

Referendum. Young Scots tend to favour independence; older ones say they want to keep things as they are

Across Scotland, dinner table talk is getting heated as families argue over how to vote in Scotland's independence referendum. A generation gap has opened up, with younger voters more inclined to back independence and their elders tending to say they want to remain in the United Kingdom.

Support for the status quo is strongest among the over-60s, who worry about the consequences that breaking free would have on pensions, health care and savings; the pro-independence movement is largely being driven by under-40s. Neck-and-neck in the polls, the rival campaigns have called on core supporters to make a last-ditch attempt to swing the vote by

The over-60s

Some polls suggest the No camp is trailing in every age group except the over-60s.

- Opinion surveys indicate more than 63 per cent of the over-60s age group is expected to vote in favour of the union.
- As older people are more likely to be on the electoral roll, there has been a huge drive to get younger people engaged in the Yes campaign.

making the debate a family affair.

The young have been urged to visit parents and grandparents to explain why they should support separation. The No camp has launched a counteroffensive by asking seniors to win young hearts and minds with their wisdom.

Interest in the referendum is sky-high. A total of 4,285,323 people, or 97 per cent of the voting-age population, have registered to vote in the referendum.

Many people in the rest of Britain have recently awakened to the possibility that Scotland might leave. Thousands of Union Jack-waving demonstrators gathered in London's Trafalgar Square on Monday in a last-minute show of affection for England's northern neighbour.

Musician Bob Geldof and comedian Eddie Izzard were among speakers at a rally that organizer Dan Snow said was designed to show "that England cares."

Among the electorate deciding Scotland's fate are 124,000 16- and 17-year-olds who will be voting for the first time. Many of these new voters are expected to support independence. But conventional wisdom holds that older voters are more likely to actually cast their ballots.

THE ASSOCIATED PRESS



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Residents look at a sign with the words "China's First Cellphone Lane" written on it, explaining the use of a lane separating those using their phones and those who don't. The Chinese city took a cue from a U.S. TV program and created a sidewalk with a separate lane for those whose eyes are consistently glued to their smartphones. THE ASSOCIATED PRESS

Smartphone lanes promote device safety

Prohibited cell use.

Tongue-in-cheek sidewalks highlight the dangers of walking and using your cellphone

Taking a cue from an American TV program, the Chinese city of Chongqing has created a smartphone sidewalk lane, offering a path for those too engrossed in messaging and tweeting to watch where they're going.

But the property manager says it's intended to be ironic — to remind people that it's dangerous to tweet while walking the street.

"There are lots of elderly

Quoted

"There are lots of elderly people and children in our street and walking with your cellphone may cause unnecessary collisions."

Nong Cheng, marketing official with Meixin Group. Cheng is critical of pedestrians who talk and use their mobile devices.

people and children in our street, and walking with your cellphone may cause unnecessary collisions here," said Nong Cheng, the marketing official with Meixin Group, which manages the area in the city's entertainment zone.

Meixin has marked a 50-metre stretch of pavement with two lanes: One that prohibits cellphone use next to one that allows pedestrians to use them — at their own risk.

Nong said the idea came from a similar stretch of pavement in Washington D.C. created by National Geographic Television in July as part of a behaviour experiment.

She said that pedestrians were not taking the new lanes seriously, but that many were snapping pictures of the signs and sidewalk.

"Those using their cellphones, of course, have not heeded the markings on the pavement," she said. "They don't notice them."

THE ASSOCIATED PRESS

Unresponsive patients react to Hitchcock films

The original master of suspense is helping Western University researchers in London, Ont., gain a better understanding of patients in vegetative states.

Researchers at the university's Brain and Mind Institute put a group of healthy people in an MRI scanner alongside someone who had been unresponsive for 16 years. They then switched on an Alfred Hitchcock flick.

Brain activity for most of the healthy patients synchronized during the screening and was similar to patterns displayed by the unresponsive patient.

The results, suggest researchers, show that the patient was "consciously aware" and likely understood the movie.

"For the first time, we show that a patient with unknown levels of consciousness can monitor and analyze information from their en-



Alfred Hitchcock in May 1972. AFP/GETTY IMAGES FILE

vironment, in the same way as healthy individuals," said Lorina Naci, a postdoctoral fellow and lead researcher on the new study.

"We already know that

up to one in five of these patients are misdiagnosed as being unconscious and this new technique may reveal that that number is even higher." METRO IN LONDON

Tainted H2O

Fracking not to blame for water

The drilling procedure called fracking didn't cause cases of tainted groundwater in areas of the states of Pennsylvania and Texas, a new study finds.

"We found the evidence suggested that fracking was not to blame, that it was actually a well integrity issue," said Ohio State University geochemist Thomas Darrah, lead author of the study. He said the results are good news, as this type of contamination is easier to fix and more preventable. THE ASSOCIATED PRESS

NASA

Space security program criticized

NASA's effort to identify potentially dangerous space rocks has taken a hit.

Most near-Earth objects harmlessly disintegrate before reaching Earth's surface. But there are exceptions, such as the nearly 60-foot meteor that exploded over Russia in 2013, causing considerable damage.

In a 44-page report, Inspector General Paul Martin said the Near Earth Objects program needs to be better organized and managed, with a bigger staff.

THE ASSOCIATED PRESS

Space daredevils

Europeans to try comet landing

Talk about a moving target:

Scientists at the European Space Agency on Monday announced the spot where they will attempt the first landing on a comet hurtling through space at 55,000 kilometres an hour. The manoeuvre is one of the key moments in the decade-long mission to examine comet 67P/Churyumov-Gerasimenko and learn more about the origins and evolution of objects in the universe.

THE ASSOCIATED PRESS

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Dr. Lucie Beaupré
Diplomate of the American Board
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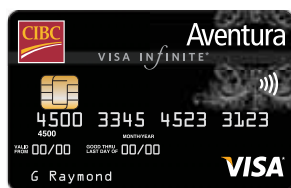
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Leaders kick off year-long campaign season with pitches to middle class

October 2015 election.

Political manoeuvring comes as Parliament resumed on Monday

Quoted

"We will keep delivering for Canadians and their families." Stephen Harper

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015 election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of \$15 per hour, which would be phased in over a five-year period.

Trudeau, meanwhile, had his own proposal: Giving businesses that hire additional employees a two-year exemption from paying EI premiums for their new workers.

THE CANADIAN PRESS



Prime Minister Stephen Harper and his wife Laureen wave as they leave a room following a speech to supporters on Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

Goal scored. Transgender hockey players can choose their own dressing rooms

Quoted

"I just hope that kids can see this and know that they don't have to hide anymore."

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at protecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"(Kids) can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for the organization to educate its trainers and coaches on discrimination

and harassment as well as on gender identity and expression.

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender.

For Thompson, an avid hockey player now in Grade 12, the issue became acute about four or five years ago when he hit puberty.

Thompson's mother, Ailsa Thompson, said it was "very upsetting" when a coach booted her son from the boys' dressing room on the basis that "she's a girl."

THE CANADIAN PRESS

Auschwitz. Former guard charged as accessory to 300,000 murders

A 93-year-old man has been charged with 300,000 counts of accessory to murder for serving as an SS guard at the Nazis' Auschwitz death camp, prosecutors said Monday.

Oskar Groening is accused of helping operate the death camp in occupied Poland between May and June 1944, when some 425,000 Jews from Hungary were brought there, and at least 300,000 almost immediately gassed to death.

In his job dealing with be-

longings stolen from camp victims, prosecutors said among other tasks, he was charged with helping collect and tally money that was found.

"He helped the Nazi regime benefit economically, and supported the systematic killings," state prosecutors in the city of Hannover said in a statement.

Groening has openly talked about his time as a guard and said while he witnessed atrocities, he didn't commit any crimes. THE ASSOCIATED PRESS



Alberta begins Prentice-ship

Jim Prentice has a laugh on Monday in Edmonton with newly appointed health minister and former Edmonton mayor Stephen Mandel. Prentice was sworn in as Alberta's 16th Premier. JASON FRANSON/THE CANADIAN PRESS

Lotto Max

Ice cream run sweetened by about \$50 million

Eating your fiancé's last ice-cream bar may not be a smart thing to do, but the craving certainly paid off for an Orillia, Ont., woman.

A trip to the local store to "replace" the treat — and

also to purchase a Lotto Max ticket there — has made the newly engaged couple Ontario's latest multimillionaires.

Thirty-year-old Deanna Bergeron and her fiancé, Jeff Bourret, 32, collected their \$50-million cheque today.

They say they're still "trying to process" the win, but the first thing on their mind is a vacation.

THE CANADIAN PRESS

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Flying off the handle

How do you get Canadians to drop their courteous facade? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE

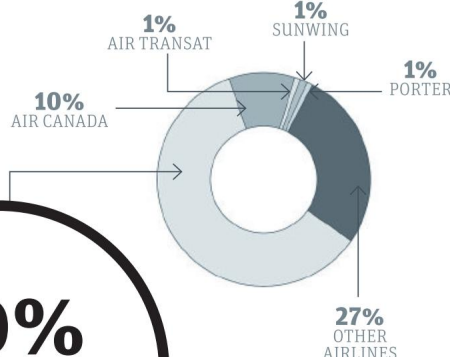
luke.simcoe@metronews.ca

25%

Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.



60%

Sixty per cent of the reported incidents occurred on WestJet flights.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- WJA426 from Edmonton to Toronto appears in the list nine times.
- WestJet flights from Fort McMurray, Alta., to Edmonton appear four times.
- WestJet flights from Nassau, Bahamas, to Toronto appear four times.

ISTOCK PHOTO



0.06%

To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.



• On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo, Ont.-based company.



• On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "pass(ing) out."



• On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.



• Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

Planes, pains and utter ordeals

SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with woman in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

Regulations say, however

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers.

- App's creator says registered female drivers are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

The drivers wear pink scarves to be easily identified.

"Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card.

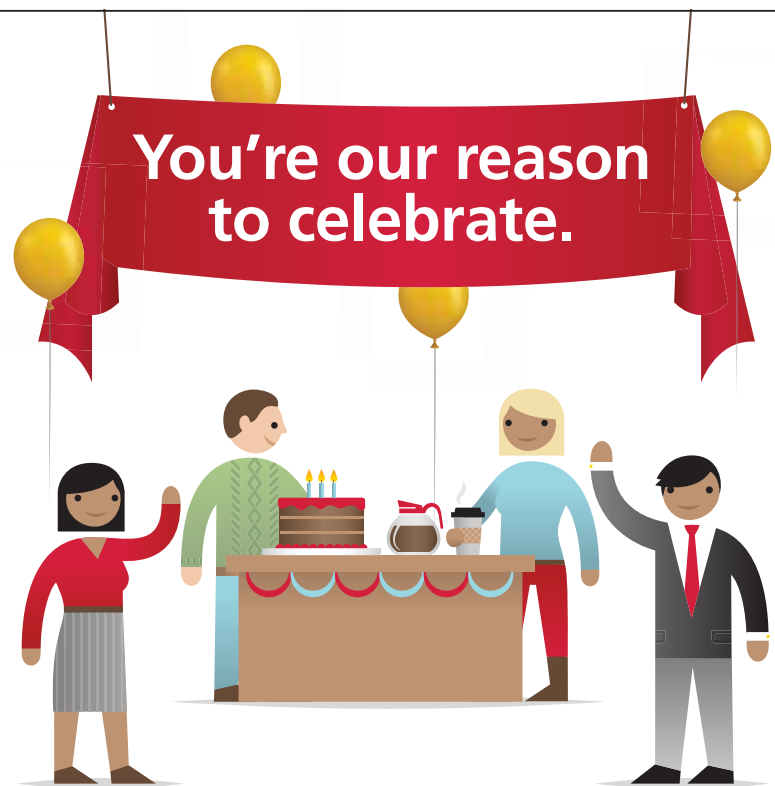
The city's Human Rights Commissioner, Patricia Gatliff, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious communities, like among some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres. **THE ASSOCIATED PRESS**



Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third-largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second-largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer. **TASOS KATOPODIS/GETTY IMAGES FOR HEINEKEN**



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WestJet Airlines

Destination: More fees

WestJet Airlines announced it will start charging some economy fare customers a fee to check their first bag on flights within Canada and to the United States.

The new fee, ranging between \$25 and \$29.50 depending on provincial taxes, will apply to all new bookings starting Monday for travel on WestJet and its regional airline Encore as of Oct. 29.

THE CANADIAN PRESS

Microsoft and Minecraft

Mobile reach worth \$2.5B?

Microsoft's decision to spend \$2.5 billion US on the creator of the hit game Minecraft could help the Xbox maker grab attention on mobile phones.

"We believe ... the ubiquitous Minecraft game strategically makes sense as Microsoft looks for ways to drive users toward its nascent mobile hardware business," FBR Capital Markets analyst Daniel Ives said. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
90.50¢ (+0.36¢)

TSX
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THE HEIGHT OF DISCRIMINATION

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."



SHE SAYS
Jessica Napier
metronews.ca

And unfortunately, it does matter. But there's a lot more to it than simply finding someone who you can stand next to in heels.

In his 2005 book *Blink*, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future Prime Minister.

First Filipino Humboldt penguin



A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.

THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Puntihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be over-fishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL

MetroTube

Window into the wasp lifestyle



ANDREW FIFIELD
andrew.fifiel@metronews.ca

Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/YouTube)



GETTY FILE

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!



@Danomite36: Halloween Candy?



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Life and page 21 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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DVD review



The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit *Seducing Dr. Lewis*, but there's no stealth about *The Grand Seduction*'s real desire. Director Don McKellar (*Last Night*) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency. The devastation to one-industry locales like Tickle Head wrought by changing times and technology is even more worrisome today than it was more than a decade ago, but McKellar and *The Grand Seduction* aren't trying to make the situation any more grim than it needs to be. They're just out to grab a few grins, and with a goal this modest, not much seduction is required.

PETER HOWELL

From the marines to making movie magic



From left, Tina Fey, Corey Stoll, Jane Fonda, Jason Bateman and Adam Driver star in *This Is Where I Leave You*, which opens Friday. CONTRIBUTED

Adam Driver. This *Is Where I Leave You* star's experience in the military allowed him to better relate to his latest film role



RICHARD CROUSE
scene@metronews.ca

Like a lot of young people in the aftermath of 9/11, Adam Driver joined the marines. "Being in the military, believe it or not, is very different than being in an acting school," says the *This Is Where I Leave You* star.

An injury during a training

exercise cut short his military career just shy of three years.

"With the military I grew up very fast," he says.

"Suddenly I was responsible for things that aren't typical for 18- or 19-year-olds. Other people's lives and things like that. It ages you. I loved being in the military but when I got my freedom and could be a civilian again, I was interested in pursuing acting."

But there was a big learning curve to becoming a civilian again.

"It's not appropriate to yell at people. People are people and I can't force my military way of thinking on them."

"There were a lot of things going on. I am better adjusted now."

Post-marines, he studied at Julliard, became one of the breakout stars of *Girls*,

worked with Spielberg and the Coen Brothers, and has a movie coming out soon with Martin Scorsese. His *This Is Where I Leave You* co-star Jane Fonda calls him "our next Robert De Niro plus Robert Redford."

He plays Fonda's youngest son Phillip, a young man who arrives home for his father's funeral with a much older fiancée (Connie Britton) and a chip on his shoulder because his siblings don't take him seriously.

"I understood Phillip," he says. "Similar to the military, you leave and grow into a different person ... You come back and want people to view you differently and acknowledge this man you've become."

Driver has a host of projects on the way, including *Hungry Hearts*, a film that won him

the Volpi Cup for Best Actor at the 71st Venice International Film Festival and a little thing called *Star Wars* Episode VII.

"Star Wars is a big thing," he says. But, he adds, the way director J. J. Abrams and screenwriter Larry Kasdan have decided to approach the project is how you approach anything.

"From the very beginning it is all about story and character."

"Effects and the spectacle, as in the original, won't take a backseat because it is very much part of the story, but the story dictates that instead of vice versa."

"Yes, this is a long time ago in a galaxy far away, but at the same time it's about loves and friendship, those universal things that gave the original movies such a long life and resonance."

2 SCENE

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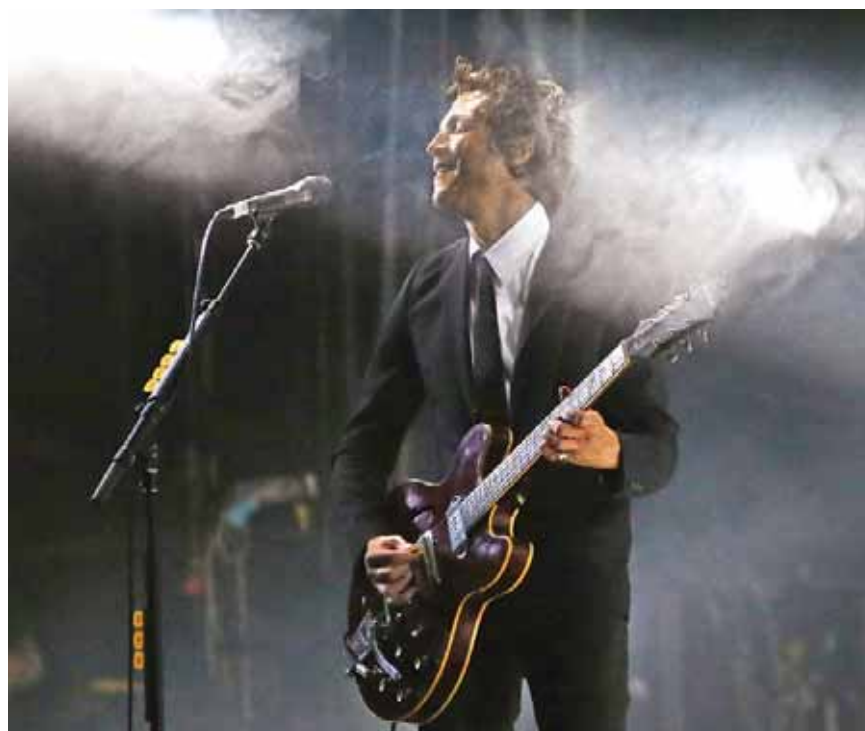
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Daniel Kessler of Interpol performs in Australia in July. Interpol have two Canadian stops left on their tour — Toronto on Nov. 18 and Montreal on Nov. 20. GETTY IMAGES

Interpol paints some pretty raw rock 'n' roll

El Pintor. Band's new album a throwback to their 2002 debut *Turn on the Bright Lights* — released on the cusp of the digital age

When Interpol released its first album of dark, but refined, rock, the iPod had just been born, Facebook didn't exist and many fans still discovered bands at small, smoky clubs.

As the New Yorkers head on tour to promote their fifth album, *El Pintor*, guitarist Daniel Kessler believes that Interpol came of age at just the right time: When bands could hone a sound and craft a full record, to be bought in stores instead of instantly downloaded by the single.

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all," Kessler says in the lobby of a plush hotel in Manhattan's Bowery, still a dicey neighbourhood when Interpol was starting in nearby clubs.

"The way the band came to be is closer to the old way of the music industry," he

said. "Afterwards, it felt like Bastille Day a little bit, in a way."

Kessler, who turns 40 this month, hastened to add that he sees positives to the new music environment — fans in faraway places without record stores can readily discover artists, and labels have a tougher time padding out weak albums by seizing on one-off hits.

But for Kessler, Interpol is without doubt "an album band," saying: "On an artistic level, an album is kind of like a book and all of the songs support the overall picture."

On *El Pintor*, Interpol sets the album's tone immediately with the aptly titled opening track, *All the Rage Back Home*. The song starts gently with Paul Banks' melancholy voice, before a sudden thrust into slam-danceable post-punk as Sam Fogarino's drums bring the song to a furious finale.

The album harks back to Interpol's 2002 debut *Turn on the Bright Lights* and the 2004 follow-up *Antics*, when the band's grand but gloomy sound brought frequent comparisons to Joy Division. But Interpol, who take the stage in dark suits, also pursued a sleeker aesthetic.

Quoted

"I feel like I'm very grateful that we came when we did. We came as the digital age was upon us but we didn't really benefit from it in the early days at all."

Interpol guitarist Daniel Kessler on the early days of Interpol

El Pintor — an anagram for Interpol which means "the painter" in Spanish — is the band's first album as a trio. Carlos Dengler, whose staccato bass lines drove early Interpol, left after recording the last, self-titled album in 2010, which the former band-mate led in a more experimental direction with greater use of keyboards.

For *El Pintor*, singer Banks took over on bass. Kessler said that the band members never talked through their sound — instead just letting songs come together naturally — but realized that they didn't need much keyboard.

"We didn't make the songs more complicated than need be," he said. "It's a pretty raw rock 'n' roll record at the end of the day."

AFP

'The luckiest job a boy could dream of'

Whittle while you work.

Parks and Rec star Nick Offerman keeps knocking on wood, bringing his homemade uke to Just For Laughs

Nick Offerman, known for his role as an anti-government bureaucrat on NBC's Parks and Recreation, never aspired to work in television.

"Television is not my favourite medium by a long stretch," the actor said by phone from Los Angeles. "I still prefer theatre, then film and then TV in general because in many ways TV is the fastest produced and the most disposable."

But playing the macho, moustached woodsman with deadpan delivery is "the luckiest job a boy could ever dream of," he said.

"My favourite thing to perform is really good writing," said Offerman. "The writing on Parks and Recreation and the incredible cast and crew has made it the most incredibly rewarding experience of my professional career."

Offerman, 44, landed the role of Ron Swanson in 2009 on the show that also stars Amy Poehler, Aubrey Plaza and Aziz Ansari. Going into its seventh season, the series has boosted Offerman's reputation as a comedian; he performed at Just For Laughs in Montreal in July and will take to the stage Saturday during Toronto's run of the comedy festival.

"Even once I had begun working in TV and film, I still never would have dreamed I would become a humorist and try to make an entire crowd chuckle with just the shirt on my back and a guitar," said Offerman.

Or a ukulele in the case of his upcoming show in Toronto.

"I've written a song called The Ukulele Song, which I will play upon the ukulele I built out of mahogany," he said.

Like his character on Parks and Recreation, Offerman is a talented carpenter and owns his own woodworking shop in Los Angeles.

The carpentry skills he learned while growing up on a farm in Minooka, Ill., have served him well beyond the hobby of creating fine woodwork that he indulges in today. Offerman framed



Nick Offerman voiced a part in The Lego Movie. JASON MERRITT/GETTY IMAGES

Staking out some new turf

"Even once I had begun working in TV and film, I still never would have dreamed I would become a humorist and try to make an entire crowd chuckle with just the shirt on my back and a guitar."

Nick Offerman

houses to pay for college and built sets to make ends meet while working in Chicago. He moved to the Windy City after graduating from the University of Illinois to work in independent theatre and co-founded Defiant Theatre.

He moved to Los Angeles in 1997 but quickly became frustrated with how theatre actors were typecast.

"The town of Hollywood simply has very narrow vision and they want everyone to specialize so when they looked at my resumé, they said, 'Oh, he's from the theatre. He must just do Shakespeare,'" he said. "I've been playing comedy my entire career. It just took me awhile once I moved to Los Angeles to convince them that I could make an audience laugh."

He had a string of trying years. He had to continue woodworking, and learned to build cabins since there was no set-building work similar to what he'd found in Chicago. His stubborn nature told him to hold on, and three years after his move a chance to work in theatre again turned his luck around.

"Even though Los Angeles

isn't known as a theatre town, it was finally doing a play that saved me," said Offerman. "After a couple of depressing years, I met my wife doing this play and everything has been rather peachy since then."

Megan Mullally was just off the first season of the hit series Will and Grace, but Offerman — who had been without a TV for 10 years at the time — had never seen the show.

"I knew by word of mouth she was on this new popular TV show," he said. "At the time, I was very elitist and considered that information beneath my notice."

When he finally caught a rerun of the show that summer, it dissipated some of his disdain for television.

"I thought, 'Oh, hey, apparently there's some decent material on TV as well,'" he said.

The pair married in 2003 and have done guest spots on each other's shows — Will and Grace and Parks and Recreation — and have worked on a number of independent films together.

The Just For Laughs festival in Toronto starts Thursday and runs until Sept. 27.

THE CANADIAN PRESS

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Arnold Schwarzenegger ALL PHOTOS GETTY IMAGES

Move over, Maria: Arnold faces a portrait without his partner

Well, this is awkward. When Arnold Schwarzenegger sat for his official portrait to hang in the California State Capitol building, he wore a lapel pin featuring his wife Maria Shriver's face. The thing is, when the portrait was finally revealed in Sacramento,

the pin was mysteriously missing. One former aide to the governor, Clay Russell, summed up the pervading feelings on the absence, telling the L.A. Times, "It's too bad they couldn't remove it without creating a smudge that got a lot of attention." Ouch.

Witherspoon may be the Reese-on Hardy's hatin' on rom-coms

You won't be seeing Tom Hardy in another rom-com anytime soon, and you can blame Reese Witherspoon for that. "I probably won't do a romantic comedy again, do you know what I mean?" Hardy, who starred with Witherspoon and Chris Pine in *This Means War* in 2012,

tells USA Today.

"I love to do things I hadn't done before. I didn't understand how you could do something which is so fun and be so miserable doing it."

Actually, that Witherspoon dig is a bit unfair, as Hardy freely blames himself for feeling left out on set.

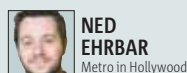
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Martha doesn't hold back heat when grilled about Gwyneth

NED EHRBAR
Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a

good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells *Porter* magazine of Paltrow, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.

Football's most famous hopes voters in Scotland say 'No' to independence



David Beckham

David Beckham is urging voters in Scotland to vote against independence. In an open letter released by the Let's Stay Together campaign, the former England football captain says "my sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries." He says that "what unites us is much greater than what divides us."

Beckham played for

Manchester United from 1992-2003 under a Scottish manager, Alex Ferguson. He also spoke of his pride at representing Britain in the bid team that secured the 2012 Olympics for London.

Beckham says "we worked together to bring the greatest sporting event of them all to our nation." The Scottish independence referendum takes place Thursday.

THE ASSOCIATED PRESS

Twitter



@JasonAlexander

The poppyseed stuck in my teeth has now told 6 pieces of floss to "suck it". This may be how they identify my body in years to come.



@TomArnold

Passed out and had craziest long ass detail oriented dream of my life and I just woke up hard 2 minutes later. Am I still dreaming or dead?



@DebraMessing

Insomnia...why do you plague me?



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Mama said knock this cardio out

Boxing. This form of fitness uses techniques of the sport — without the possibility of a black eye

IZABELA
SZYDLO
life@metronews.ca

There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work out four days a week, two of those days can be de-



Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

voted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on *Degrassi: The Next Generation*, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer," she says of the addition to her workout,

which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the obvious stress relief and aggression release that

comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beating your

best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

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Why does my kid need Orthodontics?



Nutrients in milk support healthy living

Consuming milk may help maintain a healthy weight and may prevent Type 2 diabetes

Milk products are one of the most under-consumed food groups. In fact, two-thirds of adults aren't consuming enough. This is very concerning considering the fact that when part of a healthy lifestyle, milk products provide such a wide range of health benefits attributable in part to milk's unique blend of 16 essential nutrients. Milk provides not only an excellent source of calcium and vitamin D, but is also a source of high-quality protein, and several vitamins and minerals such as potassium, magnesium, vitamin A, vitamin B12, and zinc.

HEALTHY WEIGHT

Two-thirds of Canadians are overweight or obese, which puts them at a higher risk of developing several chronic diseases. Stud-

SNACK ON CHEESE OR GREEK-STYLE YOGURT

Milk products make the best snacks. Try pairing a glass of milk, a few slices of cheese, or a half-cup of Greek-style yogurt, with fruits such as an apple, grapes, a banana, or some berries to make a delicious and filling snack that will keep you satisfied for hours.

ies have shown that, along with a healthy lifestyle, a diet high in milk products and calcium helps to achieve and maintain a healthy weight.

Interestingly, milk products seem to be more effective than calcium alone, suggesting that there are other components in milk that may also play a role.

The protein, calcium, and vitamin D found in milk seem to help people burn fat and maintain muscle mass. Furthermore, protein is more sustaining and provides a sense of fullness after meals and snacks that lasts longer.



SHUTTERSTOCK

TYPE 2 DIABETES

Evidence consistently shows that milk products may play a role in preventing Type 2 diabetes. Because this is such an emerging area of research, the connection is still not well understood, however, it seems that there are many factors at play.

Milk's low glycemic index, which helps to stabilize blood sugar levels, combined with its calcium and vitamin D — both of which play a role in combating insulin resistance and inflammation — may explain its important role in preventing Type 2 diabetes.

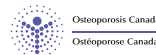


“Drink your **milk**, Mom!”

You getting enough every day matters. Because milk isn't just an excellent source of calcium to help maintain strong bones throughout life. It contains 16 essential nutrients, including vitamin D and protein, that provide many other health benefits. Too bad two out of three adults just don't get enough milk products every day. Do you?

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Answers to common health questions



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three:

Can a cold compress reduce bruising?

Yes. When you bang into something, tiny blood vessels break under your skin, and blood then forms puddles that show up as a bruise. To treat this, elevate the area and apply a cold compress for 15 to 20 minutes (any longer could damage your skin). Wait at least two hours, then reapply it. Other possible treatments include bromelain and topical arnica cream or gel. To reduce bruising risk, try vitamin C.

Can you build more muscle by eating lots of protein?

No. Protein is essential to most bodily functions and helps preserve lean muscle mass, which keeps your metabolism from slowing. Recommended protein intake is 0.4 grams per pound of body weight if you are moderately active, and one to two grams per pound if you're really pumping iron. But getting more than that won't give you extra muscle-building benefits. (Tip: At breakfast, experts advise getting 25 grams of protein.)



Avoid crossing your legs when you have your blood pressure measured. ISTOCK

Is crossing your legs a bad habit?

Maybe. According to a study published in Blood Pressure Monitoring, hypertensive patients should avoid crossing their legs while having their blood pressure taken, as it has been found to raise both systolic and diastolic blood pressure. In non-hypertensive patients, only the systolic pressure rose.

The higher numbers could lead to an increased estimation of cardiovascular risk. So keep your feet flat on the floor when getting your blood pressure measured.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE SEPTEMBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

For your phone

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8 9 2 8 9 2 3 5

To hear from Shannon herself, scan her photo with your Metro app.



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Shannon, 41 today

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Buck pasta tradition with zoodles

Health Solutions

Any day is a good day for zucchini appreciation



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't overcook zucchini and keep an eye on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

Zucchini + basil + Parmesan

Zucchini + red peppers + eggplant + onions + tomatoes

Zucchini + olive oil + salt + pepper + oregano

Zucchini + feta + lemon + olive oil

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA



Zucchini Zoodles with Pesto and Shrimp.

This pasta alternative is simple to make

THERESA ALBERT
myfriendinfood.com

This recipe pairs zoodles with pesto and shrimp but they also go well with your favourite marinara sauce, a drizzle of olive oil, a variety of herbs or a sprinkle of Parmesan cheese.

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade, slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

3. You may find that when you get to the middle, the seeds prevent the strands from holding together. Use this part of the vegetable for another recipe.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 min-



This recipe serves four. PRODUCEMADESIMPLE.CA

utes until the shrimp are pink and opaque throughout.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

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CATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA

Serving options

• **Raw.** Squeeze out excess water using paper towels or let the zoodles rest in a colander for 15-20 minutes to let excess water drip out.

• **Sautéed.** Add 1 tsp oil or butter to a skillet and gently heat zoodles on medium-high heat for about 5 minutes. This creates a slightly crispier texture than

if boiled or microwaved.

• **Boiled.** Add zoodles to simmering water for approximately 2 minutes. Strain and serve.

• **Microwaved.** Microwave zoodles in a vented / covered, microwave-safe dish for approx. 2 min. Drain excess water and serve.

Ingredients

Zoodles

- 4 medium zucchini
- Zoodles with Pesto and Shrimp**
- 1 1/4 lb (.56 kg) raw shrimp, shelled, tailed and deveined
- 1 tbsp (15 ml) butter
- Zoodles as above
- 2.5 tbsp (45 ml) prepared pesto
- 8 mini tomatoes, quartered
- 8 snap peas, cut into bite-sized pieces



This recipe for Cheesy Zucchini Fries with Smoked Paprika Dipping Sauce serves four. [MATTHEW MEAD/ THE ASSOCIATED PRESS](http://MATTHEWMEAD.THEASSOCIATEDPRESS)

Zucchini steals potato's thunder

1. Heat oven to 450 F. Coat a rimmed baking sheet with olive oil cooking spray.

2. In skillet over medium heat, cook panko, stirring until toasted, 3 mins. Transfer to shallow bowl and stir in the Parmesan cheese and the oil.

3. In another shallow bowl, combine flour with garlic powder, then season it with salt and pepper. In a third shallow bowl place the egg mixture.

4. Working with several zucchini sticks at once, toss in flour, shaking off excess. Add flour-coated zucchini to egg mix and toss to coat well, letting excess egg drip off. Finally, place in panko mix, tossing to make sure coated on all sides. Arrange coated sticks in single layer on prepared baking sheet.

5. Bake, turning once, until golden and tender, 8 minutes.

6. While zucchini is baking, in bowl stir mayo, lemon juice,

garlic and paprika. Season with salt and pepper. Sprinkle cooked zucchini lightly with salt and pepper. Transfer to

platter and serve immediately with sauce. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 cup panko bread crumbs
- 5 tbsp grated Parmesan cheese
- 2 tbsp extra-virgin olive oil
- 1/3 cup all-purpose flour
- 1 tsp garlic powder
- Salt and ground black pepper
- 1 large egg, beaten lightly with 1

- 3/4 lb zucchini, peeled and cut into 16 equal sticks
- 1/4 cup light mayonnaise
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp hot smoked paprika

NFL

Washington positive on Griffin III's return

The Washington Redskins are optimistic that Robert Griffin III will return this season. Less clear is how much more Griffin can take before the "injury-prone" label supersedes anything else he accomplishes in his NFL career.

An MRI exam on Monday revealed that Griffin doesn't have any broken bones to go along with his dislocated left ankle, which means he doesn't need season-ending surgery and could theoretically return in a couple of months if all goes well with his rehab. Kirk Cousins will be the starting quarterback for much, if not all, of the rest of the year. **THE ASSOCIATED PRESS**

Post-surgery

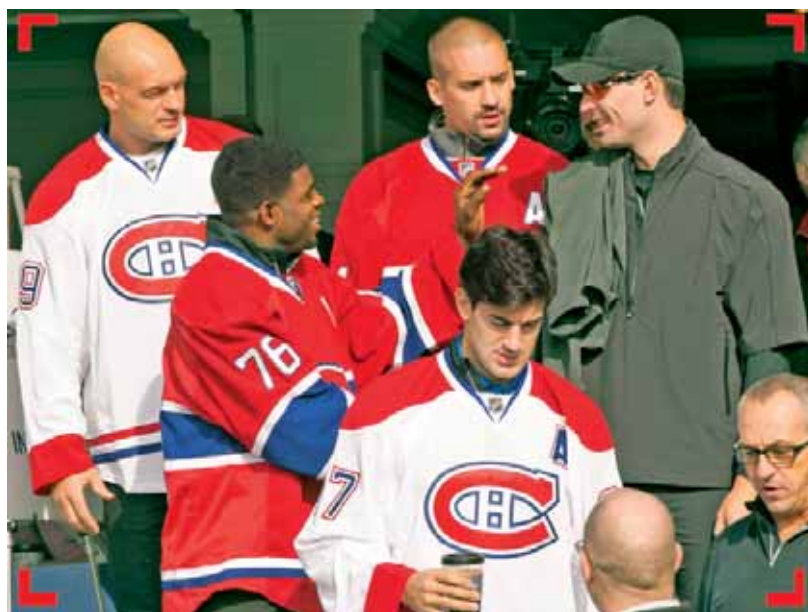
Woods done strengthening workouts

Tiger Woods is too busy in the gym to find a new swing coach, or even swing a golf club.

Woods said Monday his strength has returned from "busting my butt in the gym pretty hard" and he is on schedule to resume competition in December. But he still hasn't hit a golf ball since he missed the cut at the PGA Championship on Aug. 8, and still doesn't know when he will.

"We're pretty much past the strength phase now, and I've got my strength where I want to have it," Woods said.

THE ASSOCIATED PRESS



And the Habs' captain is ... these four gentlemen

Debate raged all summer over who would be the next Canadiens' captain. And when the decision was announced Monday it was ... nobody.

General manager Marc Bergevin said the team will alternate Andrei Markov, left, P.K. Subban, Tomas Plekanec, centre, and Max Pacioretty, bottom, wearing the C. Scan the image with your Metro News app to view Metro's picks for history's top NHL captains from Canadian teams.

RYAN REMIOWZ/THE CANADIAN PRESS



Peterson adamant: 'Not a child abuser'

Return. Charged for using a wooden switch to spank his four-year-old son, Peterson says he was trying to teach 'right from wrong'

Minnesota Vikings' running back Adrian Peterson returned to the Minnesota Vikings on Monday, insisting he is not a child abuser and wanting "everyone to understand how sorry I feel about the hurt I have brought to my child" after he was charged with a felony in Texas for

using a wooden switch to spank his four-year-old son.

The Vikings had benched Peterson for Sunday's 30-7 home loss to the New England Patriots and he had not commented publicly since news broke Friday that he had lashed the boy with the switch earlier this summer, causing unspecified injuries.

"I am not a perfect son. I am not a perfect husband. I am not a perfect parent, but I am, without a doubt, not a child abuser," Peterson said in a nearly 500-word statement issued through his agency. "I am someone that disciplined my child and did not intend to cause him any injury.

"No one can understand the hurt that I feel for my son and for the harm I caused him. My goal is always to teach my son right from wrong and that's what I tried to do that day."

Vikings owners Zygi and Mark Wilf said they had decided to bring back Peterson for practices and Sunday's game at New Orleans "after significant thought, discussion and consideration." The Wilfs said they want to let the legal process play out before making any more definitive decisions on Peterson's future with the only NFL team he has ever played for.

THE ASSOCIATED PRESS



Vikings' Adrian Peterson
GETTY IMAGES

Pistorius can run for South Africa – for now



Oscar Pistorius is now free to compete after being found guilty in the negligent killing of his girlfriend. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS FILE

Oscar Pistorius is free to compete for South Africa again, as long as his running doesn't go against the ruling of the judge.

Pistorius, who is to be sentenced next month after being found guilty in the negligent killing of his girlfriend, could compete at any time because the South African Olympic committee has no regulations preventing someone with a criminal record from representing the country.

"As he stands right now, he's free (to compete)," South

African Sports Confederation and Olympic Committee chief executive Tubby Reddy told The Associated Press on Monday.

Pistorius faces years in jail after being convicted of culpable homicide in the killing of girlfriend Reeva Steenkamp. However, there is no minimum sentence for the conviction in South African law and the double-amputee Olympian could receive a suspended sentence and no jail time.

As long as competing doesn't go against the ruling

of the judge when she decides Pistorius' sentence next month, he can run for South Africa, Reddy said. Pistorius would only have to meet normal sports qualifying criteria.

Reddy dismissed reports of a meeting of SASCOC officials this week to decide Pistorius' eligibility, saying there was nothing to decide.

Last year, Pistorius was cleared to run overseas after appealing his bail terms, but chose not to while he concentrated on his murder trial.

THE ASSOCIATED PRESS

Real Madrid ended a 12-year wait for La Decima — a 10th European Cup — by winning the Champions League last season. Now the Spanish club has a new target: Achieving what no team has managed in 25 years — retaining the trophy. Here's what you need to know for the start of the 2014-15 Champions League.

THE ASSOCIATED PRESS

1

Spanish supremacy

With four strong teams involved, Spain is aiming to continue its run of outperforming the other major European leagues in the Champions League.

Spain put two teams into last year's final, when Real Madrid beat crosstown rival Atletico Madrid 4-1 after extra time, and has had two sides in the semifinals for the past four seasons. Barcelona won in 2011.

Real Madrid, who face FC Basel in Group B, and Atletico, who begin on Tuesday at Olympiakos in Group A, both start Tuesday. On Wednesday, Barcelona plays APOEL in Group F and Athletic Bilbao hosts Shakhtar Donetsk in Group H.

Atletico Madrid stunned Real Madrid with a 2-1 La Liga win in Saturday's derby in the Spanish capital. DANI POZO/AFP/GETTY IMAGES



5

European Cup storylines

Don't call them minnows

There are two newcomers in this season's Champions League, Ludogorets from Bulgaria and Malmo from Sweden.

Ludogorets advanced from the playoffs in memorable fashion when defender Cosmin Moti saved two penalties in a shootout win over Steaua Bucharest after the team's goalkeeper was sent off late in extra time.

Ludogorets plays Liverpool at Anfield in Group B on Tuesday.

Malmo is Sweden's first group-stage representative in 14 years.

They travel to Juventus in Group A on Tuesday.

Cosmin Moti pulled heroic double duty for Ludogorets in Champions League qualifying. NIKOLAY DOYCHINOV/EUROFOOTBALL/GETTY IMAGES



Costa living large

If the start of the Premier League season is anything to go by, Chelsea will be England's most competitive side in the Champions League.

Especially if Diego Costa keeps up his stunning early-season form.

The Spain international's seven goals in four games have guided Chelsea to four straight wins.

Chelsea has been given the most benign-looking group too, placed with Schalke, Sporting Lisbon and NK Maribor. Chelsea starts at home against Schalke on Wednesday in Group G.

Diego Costa has seven goals in Chelsea's first four Premier League games.

LAURENCE GRIFFITHS/GETTY IMAGES



Huge expectations for Juventus

New Juventus coach Massimiliano Allegri may have started winning over his doubters with two wins out of two in Serie A, but the real test will come in the Champions League.

Under Antonio Conte, Juventus won a third straight Italian league title last season but exited Europe's elite club competition at the group stage.

At AC Milan, Allegri won just 11 of his 34 Champions League matches in charge, drawing another 13, and never went past the quarter-finals.

Juventus, which hosts Malmo in Group A on Tuesday, started its domestic campaign with a 1-0 win at Chievo Verona and a 2-0 victory at home to Udinese on Saturday.

The pressure is on Massimiliano Allegri to have his Juventus side in top form for Champions League. PAOLO BRUNO/GETTY IMAGES



Fond memories

France's two Champions League teams — Paris Saint-Germain and Monaco — have experienced strikers facing their former clubs in the first round of fixtures.

PSG plays Ajax in Group F on Wednesday and the Dutch hosts will be hoping Zlatan Ibrahimovic isn't in the mood for more goals. He has five goals in four games for PSG this season.

After losing Radamel Falcao and James Rodriguez, Monaco has struggled and is languishing in 18th place in the French league.

So Monaco is left with 33-year-old Dimitar Berbatov as its main striker and will be up against his former team Bayer Leverkusen, where he made his name in European football.

Zlatan Ibrahimovic
DEAN MOUHTAROPOULOS/GETTY IMAGES



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NO MARGIN OF ERROR RESULTS GUARANTEED

Star power. Beckham asks Scots to stay united

David Beckham is urging voters in Scotland to vote against independence.

In an open letter, the former England captain said, "My sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries."

Beckham says "what unites us is much greater than what divides us."

The Scottish independence referendum takes place Thursday.

THE ASSOCIATED PRESS



David Beckham GETTY IMAGES

Willy or won't he? Blue Bombers' QB in injury limbo

Quarterback Drew Willy's injured shoulder could force him out of the Blue Bombers' next game almost two weeks from now, and his future after that is unclear based on what the team said Monday.

The Bombers say Willy's status is week-to-week but that he's questionable for Winnipeg's next game at home against the Hamilton Tiger-Cats. The team didn't provide any more information about the nature of the injury.

THE CANADIAN PRESS



Drew Willy GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus

April 21 - May 21

An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini

May 22 - June 21

If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer

June 22 - July 23

If what you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo

July 24 - Aug. 23

A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo

Aug. 24 - Sept. 23

Remember, it's not the quantity of work you get done today that matters but the quality. Do just one thing really well.

♎ Libra

Sept. 24 - Oct. 23

Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio

Oct. 24 - Nov. 22

You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

♐ Sagittarius

Nov. 23 - Dec. 21

Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn

Dec. 22 - Jan. 20

Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius

Jan. 21 - Feb. 19

A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces

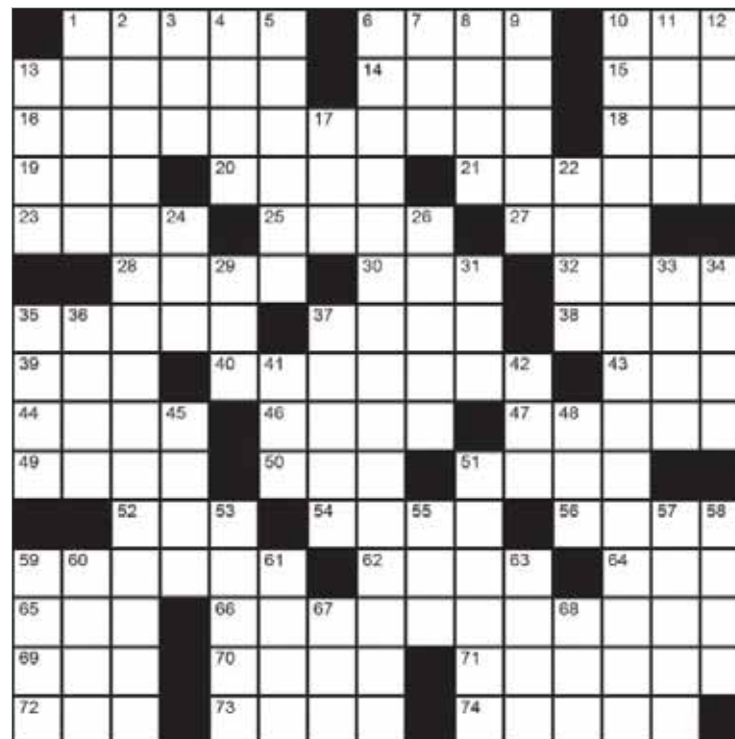
Feb. 20 - March 20

Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mother Goose guy Jack
6. New Brunswick's motto: ___ Reduxit (Hope restored)
10. Mr. Weston of "ET Canada"
13. Canuck comedy duo, Kenny vs ___
14. Bind-er
15. 'Fruct' finisher
16. Soldier involved in airborne operations, at times
18. ___ choy (Leafy vegetable)
19. U.S. tax collector
20. Atomic Number 30
21. Saskatchewan town about 75 miles north of Swift Current
23. Arcade Fire album: '___ Bible'
25. Forest denizens
27. Consume
28. Tandoor-baked creation
30. Payer's pledge
32. Baltic country [abbr.]
35. "The ___ I'm In" by The Band
37. Antelopes of Africa
38. Lingering sound
39. Cyber chuckle
40. Made a bubbling noise
43. Viewed
44. a.m.'s 'a'
46. Ms. Jordan
47. Piece ___ (Desert helping)
49. "About a ___" by



- Nirvana
50. Timber type that's tough
51. Caffeine nut
52. ___ Dhabi (UAE capital)
54. Ms. Gilpin of "Frasier"
56. Bank ___
59. Singer Ms. Grande

62. Experimental environs
64. Mer's liquid
65. Ben, to Jerry
66. Surveillance video: acr. + wd.
69. "___ Maria"
70. "It's ___!" (2-2 game exclamation)
71. Campfire s'nacks

72. Apiece
73. Particular pulses
74. Ships' steerers

Down

1. Backup
2. Fitness motivator: 2 wds.
3. Genetic letters
4. Bug movie

5. ___ Lannister ("Game of Thrones" character, on HBO Canada)
6. Grocery store tasks: 2 wds.
7. Drivel
8. Duellist's blade
9. Mr. Haggard of country tunes

10. Canada's celestial 'crane' creation: 3 wds.
11. Bears, in Barcelona
12. Cowardly Lion's alter ego
13. Twirl
17. ___ trial basis
22. Rattle
24. Sofa sleep
26. Spirits
29. Concert promoter, ___ Live
31. Function
33. Popular cuisine
34. ___ Sound (Fjord locale on BC's coast northwest of Vancouver)
35. Smelting waste
36. Hagar The Horrible's daughter
37. 'Get'
41. NFL's land
42. Scooby-___
45. Napoleon's exile isle
48. Jacksonville's state [abbr.]
51. Block/stop, informally
53. Remove the pen's top
55. U.K. military service
57. Pens
58. Calendar day, e.g.
59. "Pronto!"
60. Wander
61. Entr'___ (Theatre break)
63. A few
67. Ms. Carrere
68. Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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